

**LINCOLN PARK PUBLIC SCHOOLS
LINCOLN PARK MIDDLE SCHOOL**

June 2007

Dear Parents:

Physical examination regulations are established by the New Jersey Department of Education and the Lincoln Park Board of Education for all athletic participation. Parents may choose to have their child's sports physical done by their family physician (at your own expense) or by our school physician. Sports physicals for **all sports** (Fall-Winter-Spring), **grades 6, 7 and 8 only**, will be conducted by our school physician at Lincoln Park Middle School Health Office (use gym entrance near circular driveway) on:

Tuesday, July 17, 2007 - 8:00 a.m. - 12:00 p.m.
Wednesday, July 18, 2007 -8:00 a.m. - 12:00 p.m.
Wednesday, August 1, 2007 - 8:00 a.m. - 12:00 p.m.

Attached please find:

- The “**Athletic Pre-participation Physical Examination Health History Questionnaire-Part A**” which must be completed and signed on *both* sides by the parent/guardian
- The “**Athletic Pre-participation Physical Evaluation Form-Part B: Physical Examination**” which must be *completed* by your private physician *or* our school doctor. **If the form is not fully completed by your physician (including vision, height and weight), it will be returned and your child will be denied participation in the sports program.**
- **Permission for Original Sport in Current Year** (blue card) must be completed and signed by parent/guardian *and* the student.
- The physical examination must be within 365 days of the first practice.

Both sides of all forms (Parts A and B) must then be **fully completed** and returned to the school nurse and reviewed by the school physician *before* participation is permitted.

It would be helpful if a parent could accompany the student to the physical exam in order to review the health history, although it is not mandatory. When a student applies for participation in a second sport (new season), only a Health History Update form (yellow card) will be required.

If your child wears prescription glasses/contact lenses, please bring them with you as we do a vision screening.

REMEMBER - PHYSICALS FOR ALL SPORTS, NOT JUST FALL SPORTS, WILL BE DONE IN THE SUMMER. THIS MEANS THAT EVEN THOSE STUDENTS WHO ARE GOING OUT FOR WINTER AND SPRING SPORTS WILL NEED TO RECEIVE THEIR PHYSICALS DURING THE ABOVE DATES.

Sincerely,

Loni Lopuski, R.N.
School Nurse

LL/ll
Att.